

Calendar

24 Summer
Activities



Weekly
Schedule

Coping
Strategies

Useful Websites

Mindfulness
Colouring

24 Summer Activities

1 Do Yoga/Pilates outside	2 Have a BBQ	3 Go for a walk on the beach
4 Plant some flowers	5 Star gaze	6 Have a picnic
7 Listen to a new song	8 Read a new book	9 Write in a journal
10 Go for a hike	11 Go strawberry picking	12 Take a road trip
13 Play a board game outside	14 Grew a herb garden	15 Go to the beach
16 Try a new meal	17 Get an ice-cream	18 Watch the sun rise
19 Watch the sun set	20 Toast smores	21 Go to a National Trust Garden
22 Colour in	23 Try Meditation	24 Watch a new movie/go to the cinema

Coping Strategies

Practice self-care by taking short breaks throughout the day

Taking 10 deep breathes

Go for a walk

Regulate sensory environment (noise, lights etc)

Do an enjoyable activity

Talk to someone you trust



Engage in physical activities

Allow yourself to stim

Meditation



Maintain a good sleep routine

Have a bath or shower

Useful Websites



- Basic Yoga Poses: 30 Common Yoga Moves and How to Master Them ([greatist.com](https://www.greatist.com))
- Cooking inspiration: www.pinchofnom.com
- Music and podcasts: www.spotify.com
- Top tips for star gazing: www.nationaltrust.org.uk
- Adult Coloring Pages [crayola.com](https://www.crayola.com)



July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SCHEDULE

Mon

Tue

Wed

Thu

Fri

Sat

Sun

NOTES

A spiral-bound notebook with a light blue cover and a white page with horizontal ruling lines. The notebook is positioned vertically on the right side of the image.



Anxiety Apps

- Molehill Mountain
- Here 2 Help
- Headspace
- Happy Not Perfect
- Mood Mission
- Calm



